

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 12131, Nuts, macadamia nuts, raw ^a

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	1.36	--	0.068	1.3	1.49	2.0	1.072	1.656	1	Analytical or derived from analytical	--	12/2000
Energy	kcal	718	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2001
Energy	kJ	3004	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2001
Protein ¹	g	7.91	--	0.351	7.55	8.58	2.0	6.403	9.422	1	Analytical or derived from analytical	--	12/2000
Total lipid (fat) ¹	g	75.77	--	1.147	73.56	76.85	2.0	70.83	80.704	1	Analytical or derived from analytical	--	12/2000
Ash ¹	g	1.14	--	0.034	1.09	1.19	2.0	0.989	1.283	1	Analytical or derived from analytical	--	12/2000
Carbohydrate, by difference	g	13.82	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2001
Fiber, total dietary ¹	g	8.6	--	0.911	7.6	10.2	2.0	4.64	12.476	1	Analytical or derived from analytical	--	12/2000
Sugars, total	g	4.57	--	0.180	--	--	--	--	--	--	Analytical or derived from analytical	--	07/1999

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Sucrose 1	g	4.43	--	0.180	4.24	4.77	2.0	3.653	5.199	1	Analytical or derived from analytical	--	12/2000
Glucose (dextrose) 1	g	0.07	--	0.000	0.07	0.07	2.0	0.071	0.071	1	Analytical or derived from analytical	--	12/2000
Fructose 1	g	0.07	--	0.000	0.07	0.07	2.0	0.071	0.071	1	Analytical or derived from analytical	--	12/2000
Lactose 1	g	0.00	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	12/2000
Maltose 1	g	0.00	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	12/2000
Starch 1	g	1.05	--	0.024	1.02	1.09	2.0	0.943	1.147	1	Analytical or derived from analytical	--	12/2000
Minerals													
Calcium, Ca 1	mg	85	--	11.267	78	109	2.0	36.132	133.088	1	Analytical or derived from analytical	--	12/2000
Iron, Fe 1	mg	3.69	--	0.728	3.13	5.21	2.0	0.554	6.818	1	Analytical or derived from analytical	--	12/2000
Magnesium, Mg 1	mg	130	--	50.738	114	246	2.0	-88.107	348.507	1	Analytical or derived from analytical	--	12/2000
Phosphorus, P 1	mg	188	--	11.570	170	203	2.0	137.919	237.481	1	Analytical or derived from analytical	--	12/2000

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Potassium, K 1	mg	368	--	10.067	353	382	2.0	324.583	411.217	1	Analytical or derived from analytical	--	12/2000
Sodium, Na 1	mg	5	--	1.066	3	6	2.0	0.02	9.192	1	Analytical or derived from analytical	--	12/2000
Zinc, Zn 1	mg	1.30	--	0.093	1.17	1.44	2.0	0.901	1.697	1	Analytical or derived from analytical	--	12/2000
Copper, Cu 1	mg	0.756	--	0.228	0.66	1.29	2.0	-0.227	1.739	1	Analytical or derived from analytical	--	12/2000
Manganese, Mn 1	mg	4.131	--	4.216	2.97	13.8	2.0	-14.007	22.269	1	Analytical or derived from analytical	--	12/2000
Selenium, Se	µg	3.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/1999
Vitamins													
Vitamin C, total ascorbic acid 1	mg	1.2	--	0.255	1	1.7	2.0	0.1	2.29	1	Analytical or derived from analytical	--	12/2000
Thiamin 1	mg	1.195	--	0.255	1	1.65	2.0	0.1	2.29	1	Analytical or derived from analytical	--	12/2000
Riboflavin 1	mg	0.162	--	0.322	0.07	0.9	2.0	-1.223	1.547	1	Analytical or derived from analytical	--	12/2000
Niacin 1	mg	2.473	--	0.337	1.8	2.78	2.0	1.023	3.922	1	Analytical or derived from analytical	--	12/2000

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Pantothenic acid 1	mg	0.758	--	0.078	0.61	0.84	2.0	0.423	1.093	1	Analytical or derived from analytical	--	12/2000
Vitamin B-6 1	mg	0.275	--	0.032	0.24	0.34	2.0	0.139	0.41	1	Analytical or derived from analytical	--	12/2000
Folate, total 1	μg	11	--	1.433	9	13	2.0	5.025	17.355	1	Analytical or derived from analytical	--	12/2000
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2001
Folate, food	μg	11	--	1.433	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2001
Folate, DFE	μg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2001
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1984
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	12132	05/2001
Vitamin E (alpha-tocopherol) 1	mg	0.54	--	0.090	0.47	0.73	2.0	0.147	0.926	1	Analytical or derived from analytical	--	12/2000
Tocopherol, beta 1	mg	0.00	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	03/2001
Tocopherol, gamma 1	mg	0.00	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	03/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta ¹	mg	0.00	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	03/2001
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Lipids													
Fatty acids, total saturated	g	12.061	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2001
4:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2001
6:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2001
8:0 ¹	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	03/2001
10:0 ¹	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	03/2001
12:0 ¹	g	0.076	--	0.013	0.05	0.09	2.0	0.021	0.13	1	Analytical or derived from analytical	--	03/2001
13:0 ¹	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	03/2001
14:0 ¹	g	0.659	--	0.100	0.49	0.76	2.0	0.23	1.088	1	Analytical or derived from analytical	--	03/2001
15:0 ¹	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	03/2001

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16:0 1	g	6.036	--	0.035	5.97	6.06	2.0	5.885	6.187	1	Analytical or derived from analytical	--	03/2001
17:0 1	g	0.124	--	0.056	0.07	0.23	2.0	-0.118	0.366	1	Analytical or derived from analytical	--	03/2001
18:0 1	g	2.329	--	0.238	2.01	2.7	2.0	1.307	3.351	1	Analytical or derived from analytical	--	03/2001
20:0 1	g	1.940	--	0.094	1.82	2.1	2.0	1.536	2.344	1	Analytical or derived from analytical	--	05/2001
22:0 1	g	0.616	--	0.002	0.62	0.62	2.0	0.606	0.627	1	Analytical or derived from analytical	--	03/2001
24:0 1	g	0.281	--	0.013	0.27	0.31	2.0	0.225	0.338	1	Analytical or derived from analytical	--	03/2001
Fatty acids, total monounsaturated	g	58.877	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2001
14:1 1	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	03/2001
16:1 undifferentiated 1	g	12.981	--	0.682	11.45	13.28	2.0	10.049	15.914	1	Analytical or derived from analytical	--	03/2001
18:1 undifferentiated 1	g	43.755	--	1.251	41.67	45.09	2.0	38.373	49.136	1	Analytical or derived from analytical	--	03/2001

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20:1 1	g	1.890	--	0.047	1.82	1.96	2.0	1.69	2.091	1	Analytical or derived from analytical	--	03/2001
22:1 undifferentiated 1	g	0.233	--	0.020	0.22	0.27	2.0	0.148	0.317	1	Analytical or derived from analytical	--	03/2001
24:1 c 1	g	0.018	--	0.012	0	0.03	2.0	-0.032	0.068	1	Analytical or derived from analytical	--	03/2001
Fatty acids, total polyunsaturated	g	1.502	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2001
18:2 undifferentiated 1	g	1.296	--	0.090	1.23	1.46	2.0	0.91	1.683	1	Analytical or derived from analytical	--	03/2001
18:3 undifferentiated 1	g	0.206	--	0.018	0.19	0.24	2.0	0.129	0.283	1	Analytical or derived from analytical	--	03/2001
18:4	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2001
20:2 n-6 c,c 1	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	03/2001
20:3 undifferentiated 1	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	03/2001
20:4 undifferentiated 1	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	03/2001
20:5 n-3 (EPA) 1	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	03/2001

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22:5 n-3 (DPA) ¹	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	03/2001
22:6 n-3 (DHA) ¹	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	03/2001
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1984
Phytosterols	mg	116	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/1999
Stigmasterol ¹	mg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2000
Campesterol ¹	mg	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2000
Beta-sitosterol ¹	mg	108	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2000
Amino Acids													
Tryptophan ¹	g	0.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2001
Threonine ¹	g	0.370	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2001
Isoleucine ¹	g	0.314	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Leucine 1	g	0.602	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2001
Lysine 1	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2001
Methionine 1	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2001
Cystine 1	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2001
Phenylalanine 1	g	0.665	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2001
Tyrosine 1	g	0.511	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2001
Valine 1	g	0.363	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2001
Arginine 1	g	1.402	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2001
Histidine 1	g	0.195	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2001
Alanine 1	g	0.388	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2001

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid ¹	g	1.099	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2001
Glutamic acid ¹	g	2.267	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2001
Glycine ¹	g	0.454	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2001
Proline ¹	g	0.468	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2001
Serine ¹	g	0.419	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2001
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2001
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	07/1999

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Cyanidin ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Petunidin ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Delphinidin ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Malvidin ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Pelargonidin ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Peonidin ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
(-)-Epicatechin ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Naringenin ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Luteolin ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Flavonols													
Myricetin ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Quercetin ²	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

Sources of Data¹International Nut Council Nutrient Content of Macadamia Nuts, 1999²Harnly, J. M., Doherty, R., Beecher, G. R., Holden, J. M., Haytowitz, D. B., and Bhagwat, S., and Gebhardt S. Flavonoid content of U.S. fruits, vegetables, and nuts, 2006 J. Agric. Food Chem. 54 pp.9966-9977³Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. Daidzein and genistein content of fruits and nuts., 2000 J. Nutr. Biochem. 11 pp.326-331⁴Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Concentrations of proanthocyanidins in common foods and estimations of normal consumption., 2004 J. Nutr. 134 pp.613-617**Footnotes**^a Unroasted